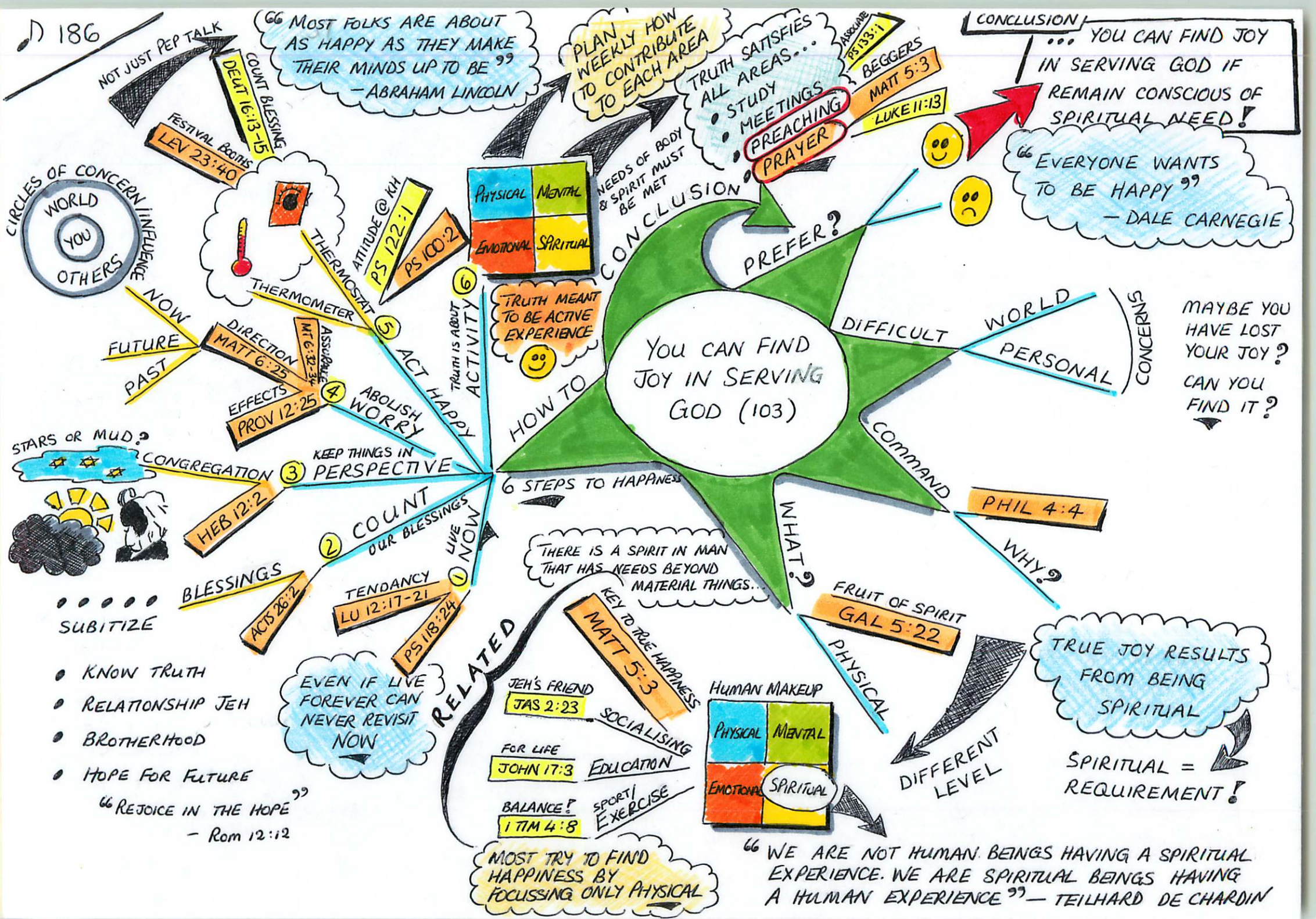

♪ 186
YOU CAN FIND JOY IN SERVING GOD (103)
HOW TO
PREFER?
DIFFICULT
WORLD
PERSONAL
CONCERNS
COMMAND
PHIL 4:4
WHY?
WHAT?
CONCLUSION
... YOU CAN FIND JOY IN SERVING GOD IF REMAIN CONSCIOUS OF SPIRITUAL NEED!
"EVERYONE WANTS TO BE HAPPY" — DALE CARNEGIE
MAYBE YOU HAVE LOST YOUR JOY? CAN YOU FIND IT?
"MOST FOLKS ARE ABOUT AS HAPPY AS THEY MAKE THEIR MINDS UP TO BE" — ABRAHAM LINCOLN
PLAN WEEKLY HOW TO CONTRIBUTE TO EACH AREA
TRUTH SATISFIES ALL AREAS...
• STUDY
• MEETINGS
• PRAYER
• PREACHING
ASSOCIATE PS 133:1
BEGGERS MATT 5:3
LUKE 11:13
NEEDS OF BODY & SPIRIT MUST BE MET
PHYSICAL
MENTAL
EMOTIONAL
SPIRITUAL
ATTITUDE @ KH
PS 122:1
PS 100:2
THERMOSTAT
THERMOMETER
NOT JUST PEP TALK
DEUT 16:13-15
COUNT BLESSING
FESTIVAL BOOTHS
LEV 23:40
CIRCLES OF CONCERN/INFLUENCE
WORLD
YOU
OTHERS
NOW
FUTURE
PAST
DIRECTION
MATT 6:25
ASSOCIATE MT 6:32-34
EFFECTS
PROV 12:25
4 ABOLISH WORRY
5 ACT HAPPY
6 TRUTH IS ABOUT ACTIVITY
TRUTH MEANT TO BE ACTIVE EXPERIENCE
6 STEPS TO HAPPINESS
STARS OR MUD?
CONGREGATION
3 KEEP THINGS IN PERSPECTIVE
HEB 12:2
2 COUNT OUR BLESSINGS
BLESSINGS
ACTS 26:2
1 LIVE NOW
TENDANCY
LU 12:17-21
PS 118:24
SUBITIZE
• KNOW TRUTH
• RELATIONSHIP JEH
• BROTHERHOOD
• HOPE FOR FUTURE
"REJOICE IN THE HOPE" — Rom 12:12
EVEN IF LIVE FOREVER CAN NEVER REVISIT NOW
THERE IS A SPIRIT IN MAN THAT HAS NEEDS BEYOND MATERIAL THINGS...
RELATED
KEY TO TRUE HAPPINESS
MATT 5:3
JEH'S FRIEND
JAS 2:23
SOCIALISING
FOR LIFE
JOHN 17:3
EDUCATION
BALANCE!
1 TIM 4:8
SPORT/ EXERCISE
MOST TRY TO FIND HAPPINESS BY FOCUSSING ONLY PHYSICAL
HUMAN MAKEUP
PHYSICAL
MENTAL
EMOTIONAL
SPIRITUAL
FRUIT OF SPIRIT
GAL 5:22
PHYSICAL
DIFFERENT LEVEL
TRUE JOY RESULTS FROM BEING SPIRITUAL
SPIRITUAL = REQUIREMENT!
"WE ARE NOT HUMAN BEINGS HAVING A SPIRITUAL EXPERIENCE. WE ARE SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE" — TEILHARD DE CHARDIN

NEED PAPER & PEN

DRAW ☺ OR ☹ WHICH PREFER

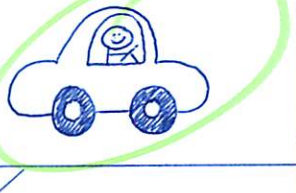
JOY = "STATE OF (TRUE) HAPPINESS; EXULTATION"

IS DALE CARNEGIE RIGHT? "EVERYONE WANTS TO BE HAPPY"

HOW? 5 POINTS PICTURE FOR EACH

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1 ATTITUDE TO AVOID



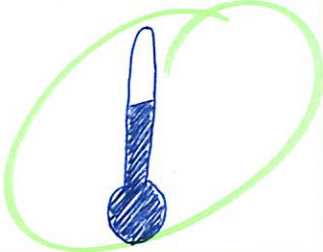
LUKE 12:16-20

HAPPINESS IS A JOURNEY, NOT A DESTINATION
MAN WHO MADE MISTAKE THINKING DESTINATION
V16 LAND = SMALL COUNTRY PRINCE NOT FARMER
V17-19 ...THEN "I WILL" PUTTING OFF HAPPINESS TOMORROW
V20 DID HE REACH DESTINATION?
FAILED TO ENJOY JOURNEY
IS YOUR LIFE SERIES OF MATERIAL EVEN SPIRITUAL "I WILLS"

Summarise: HAPPINESS IS A JOURNEY NOT DESTINATION. ENJOY JOURNEY

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2 Q) ARE YOU A THERMOMETER OR A THERMOSTAT?



LEV 23:40

PHIL 4:4

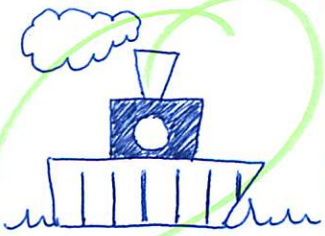
DEUT 16: 13-15 ←

THERMOSTAT CONTROLS CLIMATE; THERMOMETER CONTROLLED BY
EASY TO BE LIKE THERMOMETER
IF CLIMATE "SUNNY" WE ARE "UP"; IF GLOOMY "DOWN"
ACT HOW FEEL LEV 23:40 TURN IDEA ON HEAD!
FESTIVAL BOOTHS COMMAND HAPPY 7 DAYS! HOW?!
COMMAND = ASSOCIATE WAY ACT NOT WAY FEEL [EXPERIMENT]
AB LINCOLN "MOST FOLKS ARE ABOUT AS HAPPY MAKE MINDS UP TO BE"
POSITIVE START TO DAY "I FEEL REALLY HAPPY" ACT HAPPY FEEL HAPPY
NOT PEP TALK - GOOD REASONS FESTIVAL BOOTHS COUNT BLESSINGS
KEY = COUNT BLESSINGS NOT TROUBLES
NO BLESSINGS? BLIND P142 LAME P139 THANK NOT BLIND TILL NOW!

Summarise: BE A THERMOSTAT; CONTROL CLIMATE; COUNT BLESSINGS; ACT JOYFUL & FEEL

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3 HOW TO STOP WORRYING



PROV 12:25

MATT 6:34

MATT 6:33

(TIME = 10:30?)

STORY OF MR WORRY!
ANXIETY = WHAT WENT WRONG YESTERDAY
+ WHAT MIGHT GO WRONG TOMMOROW
EFFECTS OF ANXIETY (PROV 12:25) OFTEN ASSOCIATED MATERIAL NEEDS
PENNILESS MAN COUNTRY HARD MAKE LIVING SPOKE 25 WORDS
SECRET TO BANISHING WORRY!! (MATT 6:34)
SUM UP PHRASE "LIVE LIFE IF DAYTIGHT COMPARTMENTS"
EXPLAIN SHIP STOPS WATER SPILLING OVER
"THE LOAD OF TOMORROW ADDED TO THAT OF YESTERDAY ENOUGH TO MAY STRONGEST FALTER" NOT DESIGNED CARRY 3 DAYS
JEHOVAH NOT WANT US TO! BREAD... MANNA
HE CARES AND WILL PROVIDE! (MATT 6:33)

Summarise: LIVE LIFE IN DAYTIGHT COMPARTMENTS; ONE DAY @ A TIME

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4 HOW 2 MINUTES AT START OF WEEK CAN HAVE HUGE IMPACT!



1 TIM 4:8	PHYSICAL	4 BASIC NEEDS TO PAY ATTENTION TO.
PHIL 4:8	MENTAL	WORLDLY DOCTORS SAY NEED
PROV 18:1 HEB 10:24,25 PS 133:1	SOCIAL/ EMOTIONAL	1) EXERCISE 2) POSITIVE THINKING + MENTAL STIMULATION {STIMULATING BOOK NOT SOAP OPER}
MATT 5:3	SPIRITUAL	3) SOCIAL INTERACTION 4) SPIRITUAL (COVEY)
		ECHOS WHAT BIBLE SAYS (EXPLAIN/APPLY)
		SUGGESTION: 2 MINS TO PLAN 1 WAY SATISFY EACH!
		EG) WALK OR SWIM; STIMULATING BOOK; TEA; SPIRITUAL??
		1 SPECIFIC WAY (MT 5:3) BEG HOLY SPIRIT FRUIT JOY (GAL5)

Summarise: PLAN EACH WEEK HOW/WHEN SATISFY NEEDS; PARTIC... BEG SPIRIT!

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5 JUST 1 THING CAN DO EACH WEEK CONTRIB



4 BIRDS WITH 1 STONE (LABEL THEM P M So Sp)

1 THING BRING GREAT JOY? SERVING GOD PREACHING!
1) SPIRITUAL) NEED PRAY FOR SPIRIT
2) MENTAL) ACTIVE / POSITIVE THINK
3) SOCIAL) WORK WITH/INTERACT
4) PHYSICAL) DON'T DRIVE!!

FOR WHOSE BENEFIT? OURS! REMEMBER!
THOSE ACTIVE HAPPIEST!

Summarise: 1 THING DO EACH WEEK — PREACH GOOD NEWS!

RECAP 5 POINTS STARTED WITH ☺ AND ☹ EVERYONE WANTS TO BE HAPPY

CAN BE IF APPLY 5 POINTS

FINISH WITH PS 118:24

